







Grits vote to legalize assisted suicide

What remains a mystery is whether Federal Liberal Leader Justin
Trudeau will run with the idea PAGE 6

Downloading movies? They're on to you

Local Internet provider ordered to hand over names of customers who allegedly downloaded movies online PAGE9





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metronews.ca Monday, February 24, 2014

NEWS 03

'How does it feel to be Canadian? Amazing!'

Sid the Kid. Country exploded when Sidney Crosby notched his first goal of the tournament in Sochi

TREVOR GREENWAY

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Hockey fans across Ottawa were painting the town red and white Sunday morning as Team Canada defended hockey gold with a dominating 3-0 win over Sweden at the Olympic Games in Sochi.

The country started cheering 13 minutes into the game when Jonathan Toews opened the scoring with a tip-in goal from the top of the crease.

But then the country exploded when Captain Canada, Sid the Kid, Sidney Crosby notched his first of the tournament when he powered past two defenders and slid the puck past Swedish net minder Henrik Lundqvist.

It was a goal the entire country had been waiting for.

"It was amazing," said Brett Hogan, who woke up early and watched Crosby net the goal from Real Sports Bar & Grill.

"I think once Crosby scored,

everybody's confidence went through the roof and everybody knew Canada was going to win."

Chris Kunitz scored in the third for Canada to seal the deal, prompting fans to start crooning "Oh Canada" with their morning voices.

And then the collective crowd began counting down the final 10 seconds of the game before jumping into the arms of friends or strangers — anyone close enough to share the Canadian embrace.

The party quickly spilled out onto Ottawa streets with fans wandering toward any pub in search of a pint, even though it wouldn't be legal to buy booze until 11 a.m.

Proud fans garbed in red and white flags and hockey jerseys ran down the streets to the sound of beeping horns.

"How does it always feel to be Canadian? Amazing," said Alexander Couturier.

"I'm just so proud that our team did so good this year and I can't wait to see us get that gold in Korea in four years."

Anyone just waking up didn't have to watch the game to know who had won. The echo of cheers and constant horns honking through the ByWard Market said one thing: Canada had won gold.



Cause unknown: Sinkhole that opened over LRT tunnel project raises concerns



A large sinkhole opened up on Waller Street Friday morning over top of a tunnel being dug to house a section of Ottawa Conferedation Line LRT. By Saturday the hole had been filled in. CONTRIBUTED/@BRIAN_BANCROFT

A sinkhole that opened up on Waller Street south of Laurier Avenue on Friday was filled up by Saturday morning, but local residents were hoping to be filled in on precisely what went wrong.

"It's hard to believe. I wish there was more transparency," said Natasha Chettiar, a University of Ottawa student who spoke to Metro as she walked by the site on Sunday. "I'd like more detail about what happened and if there are other roadways we should be worried about this happening to."

Officials cautioned Friday that it was too early to say precisely why the three-metrewide, 12-metre-deep sinkhole happened. No one was injured in the incident.

City Public Works staff restored power to the traffic signals at Laurier/Waller and workers with Rideau Transit Group (the consortium contracted to build the LRT) backfilled the hole with cement.

"We're in early stages of trying to understand what happened today," RTG's construction director Tim Stewart, told reporters at a press conference Friday. "We monitor everything around it. We monitor the buildings around it. We monitor the roads around it."

RTG and city officials say the situation is safe and under constant surveillance. The sinkhole opened in a construction zone, albeit five metres away from Laurier Avenue.

Construction workers no-

ticed chunks of road, sand and soil falling from the roof of the tunnel at about 10 p.m. on Thursday night, says Stewart. They pulled back machinery from the site and stopped the excavation work. Nobody was injured and the tunnel remained in tact.

Construction work is on hold as RTG stabilizes the soil and investigates the situation. The transit group is covering the repair costs.

While the root cause is still unknown, officials did say that a portion of the Confederation Line is much less deep — five metres — than the average 15-metre gap between road and tunnel elsewhere in the city

SEAN MCKIBBON/METRO, WITH FILES FROM LUCY SCHOLEY

Opera. Fashion meets music at Monday concert

Prominent bridal fashion designer Justina McCaffrey says that when she heard about renowned soprano Emma Kirkby coming to Ottawa she could not contain her excitement.

Kirkby will be performing Monday at the Dominion-Chalmers United Church with the Theatre of Early Music to fundraise for youth music initiatives. Inspired by Kirkby's voice for many years, McCaffrey designed three dresses to be displayed during the concert's intermission and reception.

McCaffrey says she feels a strong artistic kinship to Kirkby's "light and ethereal" singing style. She describes Kirkby's voice as "innocent and pure," reminding her of her own artistic vision. When she designs wedding dresses McCaffrey thinks of happy and earnest girls, deeply in love. She tries to stay in that imaginative state of "being uplifted, which helps in my discerning eye" in her creative process.

Strongly influenced



music and dance, McCaffrey, whose work can be seen online at justinamccaffrey.com, says she enjoys working with other artists as a way of giving back to her source of inspiration.

The concert starts at 7:30 p.m. Tickets are available at musicandbeyond.ca.

TANYA KIRNISHNI/FOR METRO

COURTESY IUSTINA MCCAFFERY

Bust A Move

Event raises big bucks for breasts

A day-long fitness seminar fundraiser held on Saturday with Dancing with The Stars dancer Derek Hough leading the class raised a whopping \$373,940.64. The event, presented by Morguard and the St. Laurent centre, is in its third year, and has raised more than a million dollars for breast health programs, organizers say. METRO



No injuries reported

Cops investigate 2 gun-related cases

Ottawa police reported two gun-related investigations Sunday.

The apparently more serious investigation was sparked Sunday morning when police were called to a home on Dobbin Lane, just east of Eagleson Road, for a report of shots fired.

Police say they found a number of spent shell casings and one bullet hole. No injuries were reported.

The other investigation started Friday night following a car accident. The driver, Muong Meas, 62, was uninjured. METRO



Ottawa skiers strike gold at Camp Fortune

Ontario Freestyle Timber Tour. Young Canadian athletes inspired by Sochi idols



TREVOR GREENWAY trevor.greenway@metronews.ca

Eric Duffy may have crashed hard while attempting a back flip during his first run at the Ontario Freestyle Timber Tour at Camp Fortune Sunday, but the fall didn't stop the young skier from trying it again.

On his second run he

stomped it, and the solid performance helped him land on top of the podium for the first time in his young skiing career. The Ottawa skier was all smiles as he accepted his gold medal at Camp Fortune.

"Awesome," said Duffy when asked how he felt. He had just gotten off the phone with his grandpa, who congratulated him from afar.

"I was really surprised, because I didn't do that good in my first run and I wasn't sure if I was going to win or not."

Duffy wasn't the only winner of the day, as Ottawa's Devon Martel also scooped the gold in his category.

A look into his future?

"He is a crazy skier; it doesn't even look like he is trying."

Devon Martel on meeting Olympic gold medallist Alexandre Bilodeau

Martel also fell in his first run, but a big 360 and a back flip helped him pull together a solid second run for the win.

"Felt I could do better, but it was pretty good," said Martel, who, in only his first season with the National Capital Region freestyle ski team, has notched three first-place finishes. He aspires to become like his Canadian hero Alexandre Bilodeau, who won gold in moguls at both the 2010 Winter Olympics in Vancouver and the Sochi Olympics.

Martel even got to learn from his idol at the Momentum Ski Camp in Whistler last summer.

"It was incredible," said Martel of meeting Bilodeau.

"He is a crazy skier; it doesn't even look like he is try-ing."

On the women's side, it was Jenna Hewat's big 360 that fetched top marks from the judge. Organizers said a full list of results would be posted to ontariofreestyle.com Monday.

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Spoke Songs. Ex-addict hopes biking helps others break out of vicious cycles

Vancouver's public-bike share may have stalled, but Jonathan Orr is unstoppable.

Struggling with addiction, Orr credits receiving an old Raleigh 10-speed bicycle in 2011 as a turning point in his life.

Riding and learning to repair the bike was pivotal in his recovery, and now — with the help of PHS Community Services Society — he's developing a bike-share program for others trying to overcome their substance abuse problem.

Spoke Songs, Orr's organization that promotes the healing value of cycling, kicked off its second year in Vancouver on Friday with an opening celebration at Vancouver's Interurban Art Gallery.

There, PHS and Spoke Songs accepted the first donations of "pre-loved" bicycles to help set up their own version of a bike-



share program.

Once enough bikes are collected, a series of guided rides to promote health through cycling will be organized.

PHS executive director Liz Evans said 14 bikes were donated Friday night, four of them brand new.

"They were pretty surprised at the quality of some of the bikes," Evans said.

MATT KIELTYKA/METRO IN VANCOUVER

"We must remain vigilant

and ensure that strict biosecur-

Liberals vote to legalize medically assisted suicide

But where does the leader stand? Trudeau goes MIA as convention delegates pass 'death with dignity' resolution

He was in the room later ators out of the Liberal caucus.

In an interview with CTV, Trudeau declined to give his personal view on assisted suicide, saying he's waiting for the Supreme Court to rule on some pending cases which could provide guidance on the issue.

He did allude to the "death with dignity" resolution, jointly proposed by the party's women's and youth com-missions, in relatively positive terms during a keynote speech Saturday, but stopped short of taking a clear stand.

Federal Liberals have voted in favour of legalizing assisted suicide, but whether Leader Justin Trudeau will run with the idea is a mystery.

Trudeau was not in the room Sunday when delegates to the party's national convention passed a resolution urging that voluntary, medically assisted death be decriminalized — although moments earlier he was outside the convention hall, cheering as the Canadian men's hockey team won gold.

when delegates gave him an overwhelming endorsement of his decision to kick sen-

> The resolution, Trudeau said, challenges Liberals "to



Big-ticket items

Delegates also passed a raft of resolutions that included supporting many big-ticket items, including:

- An \$18-billion-a-year investment in infrastructure.
- Creation of a basic annual
- A national transportation strategy.
- Increased funding for mental-health services.

means to be a free citizen in a modern democracy" and "to expand our idea of what it reflect on giving terminally afflicted Canadians the choice to end their pain and suffering and plan their own death with dignity."

Voluntary, medically assisted death should be decriminalized, states the resolution — after a public consultation to recommend the criteria for allowing terminally ill Canadians to choose to end their lives and an oversight system to protect the vulnerable.

It passed by a show of hands after a brief debate.

THE CANADIAN PRESS



Farm quarantined. Quebec confirms case of deadly pig virus south of Montreal

The province's agriculture ministry said on Sunday the virus was detected on a farm south of Montreal. The farm was placed under quarantine to prevent the virus spreading.

"All means are being taken

ity measures are applied by carriers, slaughterhouses, producers and all stakeholders.

Uncertainty ahead for Ukraine A top Ukrainian opposition

figure assumed presidential powers Sunday, plunging the country into new uncertainty after a deadly political standoff — and boosting long-jailed Yulia Tymoshenko's chances of a return to power.

The whereabouts legitimacy of President Viktor Yanukovych are unclear after he left the capital for his support base in eastern Ukraine. Allies are deserting him one by one, even as a presidential aide said Sunday that he's hanging on to his presidential duties.

The newly emboldened as the Black Sea peninsula



People gather in Independence Square on Sunday in Kyiv, Ukraine. After a chao and violent week, Viktor Yanukovych has left Kyiv as the Ukrainian parliament moves forward with scheduling new elections. BRENDAN HOFEMAN/GETTY IMAGES

parliament, now dominated by the opposition, struggled Sunday to work out who is in charge of the country and its ailing economy. Fears percolated that some regions such

of Crimea might try to break away. Three months of political crisis have left scores of people dead in a country of strategic importance to the United States, European nations and Russia.

Ukraine is deeply divided between eastern regions that are largely pro-Russian and western areas that widely detest Yanukovych and long for closer ties with the European Union. THE ASSOCIATED PRESS



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NEWS
07



Mugabe celebrates 90th birthday at stadium event

Zimbabwe. The president has ruled the nation for 33 years and in July, won disputed elections for another five-year term

Zimbabwe's President Robert Mugabe, celebrating his 90th

Quoted

"We don't accept homosexuality here. God made men and women so they can bear children."

Zimbabwe President Robert Mugabe

birthday before thousands of people at a soccer stadium Sunday, said he felt like a young boy and urged the nation to shun homosexuality. "I feel as youthful and energetic as a boy of nine," said Mugabe, at the event in Marondera, 75 kilometres east of Harare. More than 45,000 people gathered at the stadium, said organizers from Mugabe's ZANU-PF party.

Mugabe gave his trademark clenched fist salute to the crowd, as he and his wife, Grace, stood at the back of a truck that drove around the stadium. Mugabe holds a giant birthday party in a different city each year, to take the festivities around the country.

Five cakes — including one weighing 90-kilograms — were served and 90 cows were butchered for the massive party, estimated to cost \$1 million, according to state media.

Mugabe's actual birthday was on Feb. 21 but he was away in Singapore for a "cataract operation" on his left eye, according to his office. THE ASSOCIATED PRESS

Nigeria. Extremists return

Survivors in a Nigerian village say three people have been killed when extremists returned and torched remaining homes after 106 others died there last week. District head Bulama Agapu said he went back to Izghe to persuade some elderly people to leave when militants attacked Sunday. He said they killed a man and two women, and used firebombs to raze thatched huts. Hundreds were destroyed in the Feb. 15 attack that killed 106.

Uganda. Tutu pleads against anti-gay bill

THE ASSOCIATED PRESS

South Africa's retired Archbishop Desmond Tutu urges Uganda's President Yoweri Museveni not to sign into law the harsh Anti-Homosexuality Bill that would give up to a life sentence in jail for some same-sex relations. Tutu, a Nobel peace prize winner, said Sunday that Museveni a month ago had pledged not to allow the anti-gay legislation to become law in Uganda. But last week Museveni said he had reconsidered and would consult scientists on whether homosexuality is determined by genetics or by a person's choice. THE ASSOCIATED PRESS

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'Shun gossip and intrigue'

Pope's advice. 19 men elevated to cardinal were given advice on their new status as princes of the church by The People's Pope

Pope Francis on Sunday gave his new cardinals what amounted to a code of conduct: "no intrigue, gossip, power pacts, favouritism."

The Pope also urged the 19 men he elevated to cardinal a day earlier to avoid behaving as if they were in a royal court.

During his homily in St. Peter's Basilica, Francis told the cardinals to strive to "be saints." To achieve that, he advised them to simply

Strive to 'be saints'

"Be good servants, not good bosses."

Pope Francis the First

As his papacy draws near the one-year mark, the first Jesuit Pope created his first 19 cardinals, and then gave them some

love those who are hostile to them, bless those who

smile at those who perhaps don't merit it." Advocating humility, Francis is trying to reform a church hierarchy that has been criticized as arrogant and nasty. Francis said Jesus didn't die on a cross "to teach us drawing room manners." He urged clergy to keep their priorities straight. THE ASSOCIATED PRESS



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Compassion. North and South Korea hold rare family reunions



A year ago, North Korea vowed nuclear attacks to retaliate for U.S.-South Korean war games. But the start Monday of this year's joint military drills comes as Pyongyang allows wrenching reunions of elderly Koreans separated since the Korean War.

The reasons for Pyongyang's about-face are seen as having more to do with the impoverished country's desire to drive a wedge between Seoul and Washington and its need for money than with concern about the painfully brief reunions of Koreans who haven't seen each other since the war's end in 1953.

After a last-minute cancellation of reunions in September, Pyongyang allowed them to go forward this time after recent rare high-level talks with Seoul. On Sunday, about 360 South Koreans arrived in the North to meet dozens of relatives, the second and final group of Koreans to participate in reunions that began Thursday and end Tuesday. THE ASSOCIATED PRESS

Baseball's glory

Babe Ruth's 1923 pocket watch fetches \$717K

Babe Ruth's pocket watch from the 1923 World Series sold for \$717,000 at an auction Saturday.

The pentagonal 14-karat gold watch was bought by a telephone bidder who is remaining anonymous, Heritage Auctions said.

The timepiece was part of a set given to Ruth and his Yankees teammates after they beat their rivals, the New York Giants, in the 1923 World Series.



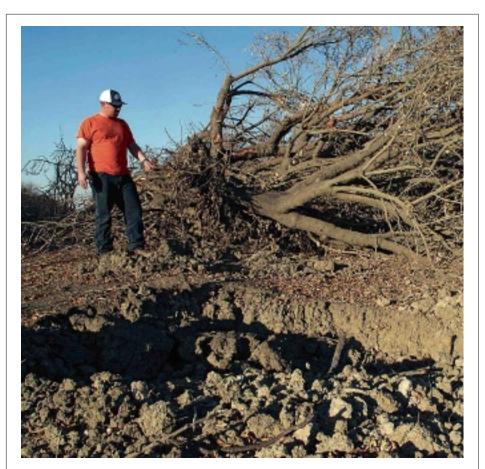
Ruth batted .368 and hit three home runs in the series, the first of the Yankees' 27 world championships.

Another highlight of the auction was a 1911 bat used by "Shoeless" Joe Jackson. It sold for \$956,000.

THE ASSOCIATED PRESS

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BUSINESS 09



Fruits of labour cut down as drought drags on

Alan Thompson of G&F Agri Service LLC looks at a tree as he manages a crew of heavy equipment operators that removed an almond orchard at Baker Farming Company in Firebaugh, Calif., earlier this month. The state's drought has forced farmers to remove some almond orchards earlier than they normally would because they don't expect to have enough irrigation water. Thompson said the drought hurting farmers has increased his business by about 75 per cent. SCOTT SMITH/THE ASSOCIATED PRESS

An RRSP plan for every stage of life



HOW TO ROLL Alison Griffiths metronews.ca

In a perfect world there would be no either-or financial choices. You would have piles of disposable income available to funnel regularly into retirement and education savings, non-registered investments and debt payments.

Alas, the world isn't financially perfect. At this time of year there are multiple calls on every savings dollar. Here are three age-specific RRSP strategies.

Under 45?

Contribute the maximum possible to an RRSP through automatic deposits. If you have children, use the annual refund for education savings (RESP). If you are still short of \$2,500 annually per child (which attracts the maximum Canada Education Savings Grant of \$500 annually), review the household budget to free up more cash. Cutting five to 10 per cent of spending isn't usually too painful.

RRSP facts

- Just 24 per cent of eligible tax filers make RRSP contributions. Of that group only one third maximize their annual contributions.
- 72 per cent of Canadians have unused RRSP contribution room.
- The maximum RRSP deduction limit for 2013 is \$23,820.
- 50 per cent of Canadians aged 18 to 34 have an RRSP — the highest percentage in six years.

Sources: Statistics Canada, Ipsos Reid annual RBC RRSP Poll

But if high-interest debt is hanging around, pay it down with the refund.

Those without children should devote the refund to debt.

Over 45?

Focus on your future. There's

still time to boost retirement savings but don't put it off any longer.

Increase RRSP savings even if that means chopping a vacation or reducing or stopping RESP contributions.

Deposit any refund into an RRSP. However, if there is high interest debt eliminate it first, then channel extra money into retirement savings.

Over 60?

Yes, there is still time to save. Don't borrow to contribute to an RRSP. It's too risky.

At this point, getting rid of personal and mortgage debt is critical. If you cannot increase payments, skip RRSP contributions until debt is manageable based on your expected (not current) post-retirement income.

Those with larger RRSP or other pension accounts should maximize TFSA deposits or save in a non-registered option for post-retirement flexibility and to reduce taxes.

Those with lower incomes who will be eligible for the Guaranteed Income Supplement may be better off saving in a TESA.

'Free' downloading may end up costing you big time

A Canadian Internet service provider has been ordered to hand over the names and addresses of about 2,000 customers who allegedly downloaded movies online.

A Federal Court decision released Thursday compels Ontario-based TekSavvy to identify the customers allegedly linked to downloads of films by the U.S. production company Voltage Pictures, which is behind the likes of The Hurt Locker, Dallas Buyers Club and Don Jon.

As a result, those TekSavvy customers could eventually receive a letter from Voltage threatening legal action. Under the federal Copyright Act, statutory damages for non-commercial infringement range between \$100 and

5,000.

"It's going to be up to the courts to decide what the appropriate penalty is," said Voltage's lawyer James Zibarras, who called the court decision "great" and "well balanced."

"I think to date rights holders' interests have been ignored and really what this does is adjust the pendulum a bit. "Obviously the public has almost become accustomed to downloading movies for free and it's being done on a massive scale. And of course the public loves justifying what they're doing and when someone tries to stop it they invariably want to come up with arguments as to why it should not be stopped."

THE CANADIAN PRESS



Smartwatches. Is Samsung fit enough to take on Fitbit?

Samsung unveiled two new computerized wristwatches on Sunday, this time including

health sensors and related fitness features to give people a reason to buy one.

Samsung's first Galaxy Gear smartwatch came out last fall amid much fanfare, but it landed with a thud in the marketplace. Samsung and its smartwatch rivals had failed to persuade many consumers that they need to be able to constantly check messages from

their wrists. Wearable devices that succeeded tended to be fitness products such as the Fitbit.

The new Gear 2 and Gear 2 Neo will have a heart rate sensor, a pedometer and various tools to measure exercise, sleep and stress levels. The low-resolution, 2-megapixel camera on

the Gear 2 is being moved to the main body; it was on the strap on the original Gear. The Gear 2 Neo has no camera and is slightly larger, but lighter.

THE ASSOCIATED PRESS

Dash of minimalism

Chef dreams of serving up dishes with 3 ingredients

Chef and restaurateur Scott Conant is known for bold Italian food, but at the moment he's hankering for something smaller and simpler.

As the chef behind the Scarpetta restaurants plots his next move, Conant says he loves the idea of a restaurant where each plate would be assembled from just three ingredients.

THE ASSOCIATED PRESS

Group of 20 meeting

G20 vows to boost world economy by \$2 trillion by 2019

Finance chiefs from the 20 largest economies agreed Sunday to implement policies that will boost the world GDP by more than \$2 trillion over the coming five years.

Australian Treasurer Joe Hockey, who hosted the Group of 20 meeting in Sydney, said the commitment from G20 finance ministers and bankers was "unprecedented." THE ASSOCIATED PRESS

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OC TRANSPO SPINS FALLING RIDERSHIP

Most of us have been there. You come home with a mediocre report card and struggle to put the best possible face on it. For OC Transpo, their sinking ridership numbers for the last three months of 2013 were made all the more uncomfortable because they graded themselves.

'I just want to say a few words about this report because I know we had extensive media coverage on it, and I just want to make sure that we all have the facts out there," GM John Manconi told the transit commission last week, noting ridership was down 2.1 per cent from the same period in 2012, while total ridership declined to 97.81 million customer trips for the year.

Well, that doesn't sound good.

"To put that in perspective," Manconi continued, "that's 97 per cent of our goal. That was our target and we're at 97 per cent of that. Many organizations would love to have set an objective and attain 97 per cent of that."

Wow, 97 per cent. Now that sounds a lot better! Or does it? That would appear to mean OC Transpo's goal for



Steve Collins ottawa@metronews.ca

2013 was 100.84 million customer trips, down from 2012 (100.98 million) and 2011 (103.5 mil-

So the bus service had intended to keep losing riders, just not quite so many. They had aimed low, and just missed.

The usual explanations for the drop were offered, a nod to both the awful weather in November and December and, paradoxically, the increased popularity of cycling through it, thanks to the city's "excellent biking facilities." Apparently, cold weather and snowstorms either made riders stay home or tempted them to hop on their

The price of gas got its customary mention too—when it gets cheaper, driving becomes more attractive — but transit enemy No. 1 is still

unemployment, specifically from cuts to the public service (which can conveniently be blamed on another level of government). The declines in ridership, we were told, correspond almost exactly to unemployment levels.

But ridership has been in slow, steady decline since the first quarter of 2012, even as employment has fluctuated. The local unemployment rate at the end of 2013 was 6.2 per cent. In December 2012, when it was 6.6 per cent, OC Transpo's ridership was actually higher by 580,000 trips.

It seems entirely possible that other factors are at play here. Whatever they are, though, it seems to have become an article of faith at Transpo that whatever is keeping riders off the buses, it has absolutely nothing to do with the \$20-million service cutsorry, I keep forgetting—"network optimization" they absorbed in the fall of 2011.

What seemed obvious to some at the meeting, like Innes Coun. Rainer Bloess and transit-union president Craig Watson, is that if you cut routes, making people walk further, wait longer and transfer more often, they might just find another way to get where they're going, which was not so evident to Manconi.

"There is no statistical evidence that we have that says there is a direct correlation between route optimization and ridership drop," he said.

And that was Wednesday's transit commission meeting: excuses, damned excuses and statistics.

ZOOM

Panda hangs out slide-side



IMAGINECHINA/REX

Panda cub lives life on the edge

It's time for some panda playdown at Chimelong Safari Park in Guangzhou, southern China.

The six-month-old giant cub called Long Long seems to be freestyling with his very own version of toy-slide parkour.

These cute critters are known for their playtime antics with one YouTube video of sliding pandas reaching almost six million hits. METRO WORLD NEWS

Experts estimate there are only 1,000 giant pandas living in the wild, thanks to human destruction of their habitat in search of natural resources. The majority are found in China.

The creation of 14 new panda reserves in China brings the total number of facilities to 26.





Well, the Olympics are over and now we all have to turn back to old-fashioned ways to while away the hours. Here are a couple of mobile games to help solve that problem.

Threes:

After the abrupt demise of Flappy Bird, Threes is easily the current dar-ling of the App Store. The gameplay, boiled down, consists of sliding boxes around your screen to create factors of three. Sounds terrible, right? Incorrect. Things can get quickly out of control as your ac-tions force other blocks into shifting about the screen, laying waste to best-laid plans. Ugh. That still sounds weak. You just have to see it in action. It's the ultimate mobile game. (iOS/\$1.99)

Doctor Life:

If Threes sounds a little hectic, this gentle hospital sim eases you into things with a basic tutorial on how to make your pocket clinic run smoothly. Diagnose patients, succeed at random challenges and expand your hospital to become the premier fake health-care institute in your fake community. (iOS/\$2.99)



A turn-based strategy game that tasks you with moving troops across a hex-based grid, battling any obstacles that try to put a damper on that march. The graphics couldn't be much more basic, but the randomly generated levels ensure infinite replay potential. (iOS/\$1.99)

@metropicks asked: What would you say to the mom who bought 19 'indecent' T-shirts after a store refused to remove them from display?

@ctmwyn: All the power to this move. I would even suggest returning the purchase at the same lo-

@Canucklehead_ca: Overheard minutes later at store HQ: "They're FLYING OFF THE SHELVES there - send them a TRIPLE orders ASAP!!!"

@SteveDodd: Next stop for her:

Follow @metropicks and take part in our daily poll.

VE WANT TO HEAR FROM YOU:



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Monday, February 24, 2014

SCENE 1.

E-books



Brian Cox's Wonders Of Life

By. Brian Cox

iPad



MIND THE APP Kris Abel @RealKrisAbel scene@metronews.ca

. . . .

It's like falling down Alice's rabbit hole by way of Google maps. This companion book for the BBC TV series (now playing on TVO, and on the video player at ww3.tvo.org/ video) beautifully envelopes its scrolling pages within immersive animation and video layers revealing the physics of monarch butterflies, robber crabs, and bentwing bats amongst others. Cox's journey contemplates these underlying processes as exquisite insights into life

Box office

Lego holds strong lead at the box office

The Lego Movie continues to lead at the box office in its third weekend, besting 3 Days to Kill and Pompeii on their opening week-ends. The Warner Bros. animated film featuring the voices of Chris Pratt, Elizabeth Banks and Morgan Freeman, earned \$31.5 million US, according to studio estimates Sunday. The U.S. domestic total has passed \$183 million US. The crime drama 3 Days to Kill, starring Kevin Costner and Amber Heard, came in second with \$12.3 million US in its first weekend at the multiplex. Pompeii, the boiling gladiator drama, took the third place slot with \$10 million US. In its second weekend, the Sony and MGM reboot RoboCop dropped from third to fourth with \$9.4 million US, while George Clooney's The Monuments Men was pushed down to fifth place with \$8.1 million US. THE ASSOCIATED PRESS

Taking on a task of biblical proportions



Son of God. The man behind Survivor and The Apprentice takes a leap of faith with a project that's personal

STEVE GOW

cene@metronews.c

He may have helped create television hits like The Apprentice and Survivor but Mark Burnett hates the term reality TV. Instead, he prefers to call his work non-fiction storytelling. Now marking his big-screen debut with Son of God — in theatres next Friday — the question is how does the famed producer describe an epic movie about Jesus Christ?

"This is just a full-on feature film for the big-screen. It just happens to be a true story," explained Burnett during a recent interview with his wife and co-producer Roma Downey in Toron-

Quote

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different. This isn't just bringing the best of us.... It's deeper than everything. It's more meaningful."

Roma Downey, Son of God co-producer and Mark Burnett's wife, on how this project is special

to. "With us, it is our faith."

The story of Jesus has certainly proved its endurance upon western culture, noted by Burnett in the multitudes of multi-generational art and movies that have been made about Jesus.

In particular, the devout co-producing pair felt responsible to ensure the miraculous story measured up to the rest of pop culture's productions.

"Somehow every decade, (old Bible stories) come back on, and they beat current programming," said Burnett who points out that his successful History Channel mini-series The Bible (on which much of Son of God was based) helped prove the power of faith-based entertainment.

"Clearly the Holy Spirit

translates."

Burnett may have brought extensive productions like Survivor to air, but he and Downey knew taking on the narrative of Jesus of Nazareth was going to be an especially enormous task. What the duo perhaps didn't anticipate was the emotional attachment to making a project like Son of God.

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different," admitted Downey.

"This isn't just bringing the best of us. This is infusing not just what we do so it resonates through everything. It's deeper than everything. It's more meaningful."

Behind the scenes

- Tough shoots. "The most challenging to film was the crucifixion sequence," admitted Roma Downey. "Even though we were just recreating it, the brutality of it, the inhumanity of it, the suffering of it (was) so upsetting for everybody."
- The supporting cast.
 "Nobody's presented
 as perfect people. (The
 Disciples) didn't know
 they were in the Bible.
 They were just real
 people living their lives in
 enormously challenging
 circumstances and very
 dangerous times, looking
 for hope," says Downey.



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Aguilera gets back to babies expecting with fiancé



Christina Aguilera is going to be a mom again. People magazine confirms that the Voice judge is pregnant with her second child and her first with fiancé Matt Rutler. The news comes less than a week after Aguilera and Rutler announced their engagement. "They're very much in love and are really excited to take this next step," a source says. Aguilera is already the mom to six-year-old son Max with ex-husband Jordan Bratman.



With an ocean between them, Kate Hudson and British beau drifting apart

Despite being engaged for nearly three years and sharing a two-year-old son, Kate Hudson and fiancé Matt Bellamy might be headed for a split, according to the New York Daily News. "Matt is pretty down-to-earth and happy in England, while Kate is very L.A.-focused," a source says. "They are leading separate lives. It hasn't been working out the way they planned and they've been trying very hard for the sake of their son." While a rep for Hudson denies the rumours of trouble, she and Bellamy have not been spotted together in months.



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CASH

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Stevie Nicks pens Game of Thrones fanfic



STARGAZING Malene Arpe scene@metronews.ca

Stevie Nicks says that she's a huge fan of Game of Thrones and has written a poem about each of the characters. Suddenly I feel less proud about my own Jamie Lannister and Hound fan fiction.

The president of Clowns of America International says that the world is facing a clown shortage because young people just aren't that interested in becoming clowns. "That's clearly not true," said reps for Shia LaBeouf and Justin Bieber.

A Miley Cyrus fan throws a thong on stage during a Tacoma show and Miley puts it in her mouth. That's disgusting and could lead to the spread of disease, but we're happy to report that the thong is OK.

A South Carolina woman is jailed after a warrant shows that she failed to return a rental VHS copy of Monsterin-Law nine years ago. In her defence, she was desperate for something to prop up her eight-track player.

Bradley Cooper says he didn't wear underwear at a recent White House dinner because his pants were too tight. "I know what works really well with tight pants," says Miley Cyrus.

The U.S. military is working on a version of the Iron Man suit and on a pizza that can last as long as three years. And still no flying cars, steak and eggs in pill-form or speaking dogs.

Marc Anthony says that he's "really good friends" with Jennifer Lopez' boyfriend Casper Smart. Sometimes when J.Lo has to leave Casper alone, Marc will come over and babysit.

Lady Gaga was bitten by the tiny, cute animal known as a slow loris during a video shoot. Which explains LAdy Gaga's new song "The Edge of Rabies."

Former teen idol Justin Bieber has reportedly rented a mansion in Atlanta. Says the mayor of Atlanta "Could we please just burn down again instead?"

Kim Kardashian appeared on Jay Leno's final Tonight Show episode and then she showed up on Jimmy Fallon's first night as host of the show. That explains the guards currently posted at Johnny Carson's grave.

Nyong'o calls Leto dating rumour 'crazy'



She's still fairly new on the scene, but 12 Years a Slave star Lupita Nyong'o is sure getting the hang of this fame thing. She's even laughing off her first tabloid rumour: that she and fellow Oscarnominee Jared Leto are dating. "But I thought Miley Cyrus broke us up. That was the last thing I heard," Nyong'o joked to Ellen De-Generes during an interview. "It's crazy because when I read these rumours, I mean, they're so detailed that even I start to question if they're true or not."

Twitter



offspring-no one likes them but u



friend @SirPatStew who has crossed over one million people following him on @ twitter!



dog Jody Squatley, which is a reference even I don't really



Burn money now, shiver later

Take it to the bank.

Spend five bucks for coffee and snacks today or stash the cash for 75 grand in 30 years



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Have you ever heard the term "burn rate?" It refers to how fast you burn through your

It's a term borrowed from the corporate world that refers to the rate at which a new company uses up its venture capital to finance overhead before generating a profit.

As consumers, we are whipping through our money at such a clip that we need a new term to describe our total lack of self-control and inability to see the future consequences.

Nobody has been paying much attention to the idea of cash management in the last... well... EVER. In fact, most people who talk about financial planning don't even bring up the idea of cash management.

What is cash management? It's exactly what it sounds like. It's the management of your cash on a day-to-day basis. It's what I focus on when I work with people to get them back in touch with their money and keep them focused on managing it so it doesn't run out.

Cash management has traditionally been the domain of bankers, but bankers are doing such a crappy job of



dealing with this area of their customers' financial planning that some investment houses jumped on the bandwagon a while back. It was short-lived.

Too bad. No doubt their initial enthusiasm spoke to the lack of investing that's resulting because of all that debt out there. After all, if your credit cards, lines of credit, car loans - however it is you've chosen to borrow - are now eating up \$300, \$500 or \$700 a month in interest, how could you possibly have money to invest? Of course, the investment houses didn't do a much better job of this whole cash management thing than the banks do. Sigh. Sometimes I feel like a lone voice in the wilderness.

In all the TV shows I've

made, and there have been over 180 episodes, I have never worked with anyone who didn't have to change their lifestyle to change their outcome. If you could just keep doing the same old, same old, without creating problems and wreaking havoc on your family's peace of mind, then nobody would be talking about it. And we certainly would not have needed to adapt the term "burn rate" to describe our rabid spending.

So, there is a big problem. And it's not going to go away until we admit that we've made some mistakes and commit to doing things differently.

People can get out of debt; it takes determination and gumption. People can live within their means; it takes planning

If you've decided to take charge, why not calculate your burn rate? It'll take about a week, and here's how you do it:

- **1.** Make yourself up a tracking sheet. Put the days of the week across the top and some typical categories down the left-hand side. Include stuff like coffee, snacks, lunch, cigs, gas, magazines, newspapers, .. everything on which you spend money in a day.
- **2.** Leave lots of blanks on the left because you'll be amazed at what you'll add when you see all the places where you're spending money.
- **3.** As you go through your week, write down what you're spending. You're going to add it up, so there should be a column on the far right for Total Spent for the week for each category you've included on your worksheet.
- **4.** Identify the point at which you spent \$100 on nonessentials. That's your burn rate. Did it take you a whole week? Five days? Less than three days? What were your biggest areas of weakness? Eating out? Kids or grands? Bad habits?
- Are you surprised at what you're spending?

and discipline. People can be happy NOT spending money; it takes having a real life.

Do you want to blithely shop yourself into the financial dumper, or do you want to become fully conscious of how you're using your money so that you can make it work for you? Wouldn't it be nice to not have to work any harder than absolutely necessary to have the life you want?

While small savings may seem inconsequential compared to the pleasure you derive from spending the money, that's a very shortsighted approach to using money as a tool. Sure, \$5 a day on coffee and snacks may not add up to a whole helluva lot in five or 10 years, but the more than

\$75,000 you have after 30 years (assuming just a two per cent return) is much better than the alternative: zilch. Manage even one per cent more in return over the 30 years and you'll have almost \$90,000. That'll go a long way to making your life more comfortable in the future.

Still not convinced? Well, since the average Canadian receives about the same from Old Age Security and the Canada Pension Plan, you can look forward to an income of about \$12,000 a year if you don't take some steps today. Imagine living on \$12,000 a year right now.

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Did you just shiver?

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Tax **Talk**



Need

Caroline Battista Tax Analyst at H&R Block



Family Finances: Common-Law Taxes and Childcare



Our childcare receipts are in my husband's name. How do I claim them?



It depends. Childcare expenses have to be claimed by the lower-income spouse—with a few exceptions. Unless one of the exceptions applies to you, the lower-income spouse gets the deduction. So it doesn't matter whose name is on

the receipt; it is based on income. Make sure you keep all the receipts with your tax files. Childcare expenses can add up to big tax savings but they are also one of the most commonly reviewed claims. If you don't have receipts, the CRA can deny your claim.



My partner and I have been living together for 12 months but keep our finances separate. Do we have to claim common-law?



Yes. The CRA has specific rules and they do not involve how you manage your bank accounts. If you have lived together for 12 continuous months, you are common-law for tax purposes. If you have a child together, you are common-law

as soon as you move in together. Claiming common-law does not mean you pay more tax, but benefits like the GST/ HST will be calculated based on household income. Both of you still file your own return but you can pool medical and charitable donation receipts to maximize your savings.

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Monday, February 24, 2014
LIFE 15

Herbivores, rejoice! Chili goes vegetarian with a double hit of meatless protein



FLASH FOOD



From your fridge to your table in 30 minutes or less

Chili has to be one of the most versatile, healthy and easy foods to prepare during the winter.

Since vegetarianism is on the rise, you can use ground soy to replace the beef protein that is traditionally used in chilis. The addition of quinoa makes this a complete meal. You have a double hit of protein with the soy and quinoa.

Ingredient

- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp chopped garlic1 lb of ground soy
- 2 tsp chili powder (or to taste)
- 1 1/2 tsp dried basil
- 1 tsp dried oregano1/4 cup quinoa
- 2 1/2 cups homemade or
- store-bought tomato sauce
 1 1/2 cup low-sodium vege-
- 1 1/2 cup low-sodium vegetable stock
- 1 19 oz can red kidney beans, drained and rinsed
- 1/4 cup reduced-fat sour cream
- 1/4 cup shredded aged cheddar cheese
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh basil or parsley



If you are not a vegetarian, you can substitute the soy for ground chicken, turkey, pork or beef.

Also, any variety of beans work well.

Canned beans versus home cooked beans have excess sodium. One cup (250 ml) has 900 mg of sodium, while homecooked beans have none.

To reduce the sodium by one-third, rinse the canned beans three times. To cook your own beans, use the quick-soak method. This entails bringing the dry beans and water to a boil, then covering and boiling for one minute. Remove the covered pot and

let sit for one hour. Drain, and add cold water to cover the beans and simmer, covered for 20 minutes or just until beans are cooked.

Serve the chili in a large serving bowl and place the accompaniments in small bowls so your guests can serve themselves

Directions

1. Lightly coat a large saucepan with cooking spray, add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes. Add the soy, chili powder, basil and oregano and sauté for another 5 minutes.

2. Add the quinoa, tomato

sauce, stock and kidney beans. Cover and simmer for 15 minutes or until the quinoa is tender.

3. Serve in bowls and garnish with the sour cream, cheddar cheese, green onions and basil. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Pesto pizza perfection

If you want a delicious, homemade version of pizza, try this pesto-flavoured variety.

No need to make your own crust, my choices for store bought include either using two Naan breads (Indian bread), Mr. Manoucher, the Iranian flatbread or a good quality pizza dough you buy and roll out by hand.

The Mediterranean fla-

vours of this pizza go so well together.

You can prepare it in advance or even freeze it until ready to bake. Leftovers are great by reheating in a 300 F oven for 10 minutes.

- **1.** Spread pesto over top crust. Add remaining ingredients scattered over top.
- **2.** Bake for 20 minutes on a pizza pan or baking sheet just until bottom of crust is browned. ROSE REISMAN



Ingredients

- 1 (12") pizza crust
- 1/3 cup pesto sauce
- 1/3 cup sliced black olives
- 1/2 cup diced canned, drained chopped artichoke hearts
- 1/3 cup diced sundried tomatoes
- 1/2 cup crumbled feta cheese1 cup grated light mozzarella
- cheese

metronews.ca
Monday, February 24, 2014

Look who's talking to their toddler: Trade in cooing for some conversation

Talk time. Research shows that speaking to children early on makes a big scholastic difference — and long sentences are A-OK

The sooner you start explaining the world to your baby, the better.

That doesn't mean flash cards for tots, or merely pointing out objects: "Here's an orange. That's a bowl."

New research shows that both how much and how well parents talk with babies and toddlers help to tune the youngsters' brains in ways that build crucial language and vocabulary skills — a key to fighting the infamous "word gap" that puts poor children at a disadvantage at an even younger age than once thought.

The idea is to connect words and meaning, so the brain becomes primed to learn through context: "Let's put the orange in this bowl with the banana and the apple and the grapes."

"You're building intelligence through language," is how Stanford University psychology professor Anne Fernald explains it. "It's



making nets of meaning that then will help the child

learn new words."

And forget dumbed-down baby talk: Longer, more complex sentences are better.

"The advice I give mothers is to have conversations with your babies," said Erika Hoff, a psychology professor at Florida Atlantic University. "Children can hear lots of talk that goes over their head in terms of the mean-

from it."

The research, presented at a meeting of the American Association for the Advancement of Science, comes amid a growing push for universal preschool, to

ing, and they still benefit

Gift of the gab

To understand why language processing is so important, consider this sentence

• "The kitty's on the bench." If the youngster knows the word "kitty," and his or her brain recognizes it quickly enough, then he can figure out what "bench" means by the context. But if he's slow to recognize "kitty" then "bench" flies by before he has a chance to learn it.

help disadvantaged youngsters catch up.

rs catch up. from low-income, less edu-But it also begs the quescated families need earlier intervention, such as preschool that starts at age three instead of four, or higher quality day care or even some sort of "Let's Talk" campaign aimed at new parents to stress talking, singing and reading with tots even before they can respond.

That can be difficult for parents working multiple jobs, or who may not read well or who simply don't know why it's important.

THE ASSOCIATED PRESS

Not so useless chatter

"Children can hear lots of talk that goes over their head in terms of the meaning, and they still benefit from it."

Erika Hoff

Psychology professor at Florida Atlantic University

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Turning the helping hand on its head



Fresh ideas. Get a new perspective on your business with reverse mentoring

Are you looking for guidance? Ready to learn new skills? If so, reverse mentoring might be right for

Traditionally, mentors are older and more experienced than their mentees.

Reverse mentoring uses a different approach: younger or less experienced employees act as mentors to the older or more experienced employees or business owners.

For example, a recent graduate may not have many years of experience, but as a mentor, they will be able to

share the latest advances in their field of study. A reverse mentor could also help you successfully tap into new ways of doing business like using social media to reach your customers, recruiting younger employees, or introducing new technologies to the workplace.

A successful reverse mentoring program could help

Need more info?

Additional resources are available free of charge from Canada Business Ontario:

• Call 1-888-576-4444, or online at cbo-eco.ca.

VO11:

- Tap into your employees' energy and creativity;
- Become more tech-savvy;
- Boost employee engagement and commitment;Give your junior employees
- valuable experience;
- Foster cross-generational knowledge sharing;
- Identify future leaders.

If a reverse mentoring relationship is right for you, these tips can help you make it work:

- Set clear goals and identify areas where the mentee is seeking guidance;
- Keep an open mind and be ready to share your thoughts, ideas, questions, and concerns;
- Make sure that both parties are comfortable with their roles.

NEWS CANADA

'Round the world wisdom

Add a few unique strides to your step and walk off the winterwoes

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT Stéfan Danis life@metronews.ca

I started training for the Gobi March just before the 2008 holidays and six weeks in, I had created new habits that were nourishing me mentally and paying off physically. Then, February arrived with



its shorter, sunless days and cold temperatures and I continued running outside in the leafless frozen forest.

All around me the blahs were in full motion. I was tired, too cold and felt I couldn't keep my New Year's resolution. Soon enough, I started thinking about pulling out of my own Gobi project.

I realized I had grown completely bored of my training routine.

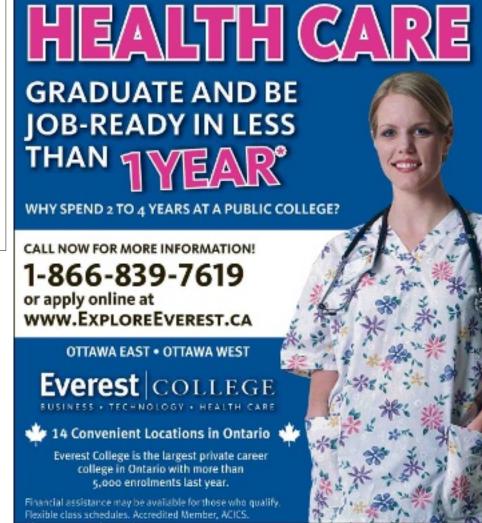
I decided to turn everything upside down, hoping for a kick of new energy: I sold my car and started using transit for the first time in 25 years and once on the subway, I would race walk strangers on the escalators just to amuse myself. I stopped

using elevators and walked up to my meetings. I got rid of my chair at work and started working standing, which changed the dynamics of my internal meetings to be stand-up meetings only.

I changed my running routine and mixed it up with other peripheral activities, usually tethered to an MP3 player with uplifting music. When March arrived, I was again carrying momentum; I had escaped the February blahs.

This year's record cold is affecting many people — so if it's getting to you, you're not alone. Just consider changing things up a little. STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Career Education





metr⊕ **MONEY 101**

Money 101. Two couples, one year to make them richer

The financial mission continues

In January, I introduced you to two couples on a mission to improve their finances. Throughout 2014, I will be digging into the details of each couple's money matters and offering advice to make them wealthier in less than 12 months. Since their financial debut one month ago, Anne-Marie and Peter and Carolina and Jose, have been making tremendous progress on their financial homework assignments. – Lesley-Anne Scorgie/For Metro

nne-Marie & Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Net worth (January 2014): \$66,000
- Life stage: Expecting their first child in June 2014
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Simplify their budget, determine the value of home they can afford and research Anne-Marie's pension plan.







Carolina & Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-athome mom and roofing
- Total household income: \$55,000
- Net worth (January 2014): -\$32,500
- Life stage: Three daughters aged five, two and eight months
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Put together their very first budget using a free budget template and budgeting resources. And determine the value of a home they can afford.

Anne-Marie and Peter



LESLEY-ANNE **SCORGIE**

Anne-Marie and Peter set out on a mission to simplify their current budget and find ways to cut back and save. They examined everything from the interest rates on their MBNA credit cards — both of which have introductory rates less than prime, which is super to their Internet and cable bills, and monthly gym membership. They also took another look at the money they currently set aside for

As the couple prepares to welcome their first child, they are conscious about planning ahead for when Anne-Marie's income is reduced while she is on maternity leave.

Their current budgeting game plan is to tighten up their expenses through some frugal best practices and use that money to pay off as much debt as possible and prepare a mock maternity budget. Anne-Marie and Peter expect

they will have to reduce the amount of money they typically allocate toward their debt reduction once the baby

Also weighing on their minds is the couple's hope to begin saving for a down payment to buy a home while continuing their retirement savings plans.

Anne-Marie and Peter sat down with a mortgage broker and determined that, with a 10 per cent down payment in hand, they would be able to comfortably afford to buy a home valued at up to \$450,000.

THEIR HOMEWORK

As part of their homework for next month, Anne-Marie and Peter plan to open tax-free savings accounts (TFSA). Similar to their existing RRSPs, TFSAs are great tools to save for retirement and for a down payment because the money the couple contributes to their TFSAs grows tax-free.

TFSAs are also great when it comes to saving for what-if expenses, which have a way of popping up when children arrive. Once their accounts are

set up, we plan to review their budget and carve off money to put toward saving for their down payment.

Turning back to retirement planning, Anne-Marie has the opportunity to continue her pension savings while on maternity leave and has elected to do so. As RRSP contributions are due March 3, to count toward the 2013 tax year, Anne-Marie and Peter are also planning on making a contribution of between \$300 and \$500 each on their RRSPs.

Wondering how stuffing money into an RRSP helps achieve primary goals of debt reduction? The link is simple: An RRSP contribution now will reduce their taxes, and in Anne-Marie and Peter's case, will most likely result in a refund during tax time, which can then be applied to the couple's debts.

Also on their to-do list before March is to sit down with a professional tax adviser and myself to prepare for, and optimize, their tax benefits.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR

Carolina and Jose

Between managing an incredibly busy household and working long hours in the roofing business, Carolina and Jose met with me earlier this month to establish their very first budget.

We documented their sources of income, primarily Jose's full-time job and child tax benefits totalling a little more than \$3,600 after taxes. We then carefully examined their expenses.

Besides paying \$1,600 in rent to Jose's parents each month, the couple's second largest expense is their grocery bill, which is approximately \$600 each month, followed by their car payment, insurance and fuel totalling \$550 per month. Debt repayment, school fees, medical expenses, cellphone and utility bills account for the remaining portion of their budget.

Thankfully, the couple is incredibly frugal and relatively debt averse, so they manage to pay for their household expenses using cash from their bank account while avoiding racking up their credit card.

With a little investigation

and firm negotiation, Jose was able to reduce their cellphone and insurance bills, resulting in savings of \$100 each month.

Carolina set out to further reduce their monthly grocery expenses by at least \$50 through pre-planning, couponing and buying bulk items.

THEIR HOMEWORK

With those savings, the couple has decided to focus two-thirds on paying down their debts and one-third on beginning a small savings plan, which could be used toward an eventual down payment on a home. Between this month and next, Jose and Carolina will also open their first RRSPs and tax-free savings accounts.

Carolina and Jose are committed to sticking to a budget by carefully tracking their expenses. Using an accordion file folder, the couple plans to keep track of all receipts and reconcile those with their budget every three days to ensure they are keeping on track.

Two other important topics came up in my conversation with Jose and Carolina. The first was their strong desire to make progress toward ridding themselves of debt.

So to make a sizable dent in it, I have challenged the couple to raise \$500 by selling some of their possessions through an online classified ad website. That money will be enough to pay off Jose's lingering student loan. My second challenge to Jose was to start the process of exploring opportunities to find a higher-paying job.

The second important topic that surfaced was Carolina's "mommy guilt." Carolina never spends money on herself, not even treating herself to a fancy coffee once in a while. Instead, she forfeits small indulgences for her children and husband. I have encouraged Carolina to reward herself, guilt-free, in small ways from time to time. This will be helpful for her mental health and her marriage.

This coming month, Jose and Carolina will receive professional tax advice to ensure they are taking advantage of every opportunity to cut their

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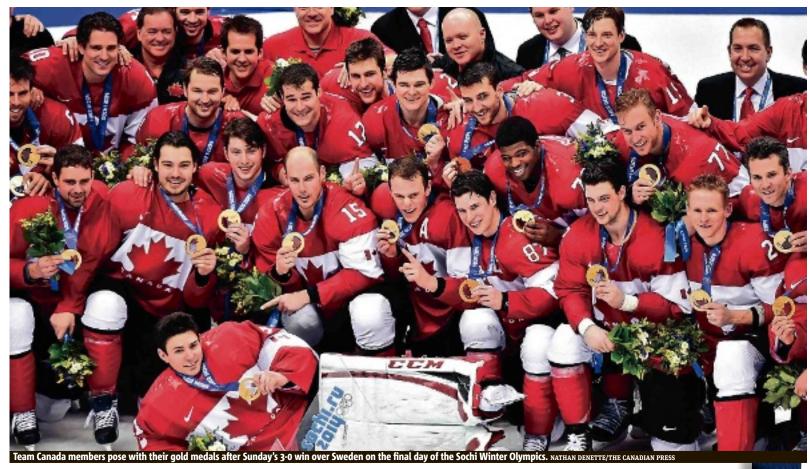
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20 SPORTS metronews.ca Monday, February 24, 2014

SPORTS IN



Golden sunrise

Transcendent team effort. Men's hockey team successfully defends gold as sun sets on Sochi Games

As Team Canada prepared to go on to the ice for the third period against Sweden, 20 minutes from an Olympic gold medal that felt inevitable, Ryan Getzlaf was loose enough to poke some fun at coach Mike Babcock.

"He said: 'It's all about the ball hockey, guys. It's all about the ball hockey," Babcock recalled.

The journey started with ball hockey at the team's Olympic orientation camp in August, and it ended Sunday with a gold medal. For the past six months, from executive director Steve Yzerman to Babcock to the players, there was a businesslike approach to defending the gold medal, and in Sochi the result was a Canadian team that steamrolled its competition.

"We had a gold medal summer camp, we had a gold medal selection process," Babcock said. "All that does is give you a chance, and anybody who's been at these Olympic Games knows how hard it is — basically impossible — to win. And for us to be able to execute on the biggest stage and play the way we did and there was a lot of complaints early we didn't score. I thought we were dominant."

Canada never trailed, and there was not one second this team looked like it was in danger of losing, even when it was tied in the third period against Latvia, and certainly never during the semifinal game against the United States or the final against Sweden.

Jeff Carter, brought to Sochi for his offence, called what Canada was able to do for six games a "defensive clinic." Three goals allowed, including none in the final two games, makes that an understatement. Beating Sweden 3-0 Sunday exemplified everything Canada did right in the tournament. The Swedes couldn't generate anything because — as defenceman Alex Pietrangelo said — other teams can't score if they don't have the puck.

Swedish coach Par Marts found that out first-hand.

"Canada was much, much better this day," Marts said. "I think they played at a higher tempo; kind of frustration in this team. They had so many, many breakouts I couldn't count them, and you can't play that way against Canada."

It was never about who Canada was playing and always about what Babcock and his players wanted to do. Yzerman looked back over the past 40 years of Olympic, World Cup and Canada Cup teams

and couldn't think of another group that dictated the play to opponents more than this one.

"As far as defensively, pucks staying out of the net, quality scoring chances, shots on goal, it was a pretty dominant performance by these guys," Yzerman said. "The coaching staff and players were phenomenal"

The Canadian players were more talented than everyone else, and playing such organized, fundamental hockey made them unbeatable.

"It is amazing to see the guys that have the raw talent and ability to commit themselves to doing all the little things right," said alternate captain Jonathan Toews, who scored the winner against Sweden. "We knew that's what it was going to take in this tournament to win the championship. And guys were willing to do that. So I would say it's a great team to be a part of and unlike any other team I've really been a part of."

This was unlike any other Canadian team at least since NHL players began participating in 1998. This wasn't about 17 total goals over six games or who scored them — it was about doing what it took to win.

THE CANADIAN PRESS

Canada's best deliver their best

Big guns

From the start of the Olympics, coach Mike Babcock said Canada had to be equal to this great opportunity.

When the opportunity was the greatest, the best players delivered.

Jonathan Toews and Sidney Crosby scored the first two goals Sunday and controversial roster pick Chris Kunitz added the insurance marker.

"I think just regardless of what happened in the prior games, this game was the biggest one and we all knew that," Crosby said. "Regardless if I scored that or not, we all wanted to make sure we did our part." THE CANADIAN PRESS



Sidney Crosby scores on Sunday

Stevie. whv?

Steve Yzerman won't be going for a third Olympic gold medal.

 Team Canada's executive director says he will not lead the team into the 2018 Olympics in Pyeongchang, South Korea.

He leaves his post after leading Canada to back-to-back gold medals for the first time since 1948 and 1952. metronews.ca Monday, February 24, 2014



\$ochi 2014 bids a warm, fuzzy adieu

Winter Olympics.

Russia hails legacy of most expensive Games at closing ceremonies

Flushed with pride after a spectacular showing at the costliest Olympics ever, Russia celebrated 17 days of sport-driven global unity on Sunday night with a farewell show that hands off the Winter Games to their next host, Pyeongchang in South Korea.

Fireworks and a countdown kicked off the closing ceremony in the Fisht Olympic Stadium, packed with raucous spectators who chanted "Russia!, Russia!" and were in a party mood after the high-security games passed off safely without feared terror attacks.

The closing ceremony, a farewell from Russia with love, pageantry and protocol, started at 20:14 local time — a nod to the year that Russian President Vladimir Putin seized upon to remake Russia's image with the Olympics' power to wow.

The nation's \$51 billion U.S. investment even topped Beijing's estimated \$40 bil-

lion layout for the 2008 Summer Games. All-new facilities showcased how far Russia has come in the two decades since it turned its back on communism. But the Olympic show didn't win over critics of Russia's backsliding on democracy and human rights and institutionalized intolerance of gays. THE ASSOCIATED PRESS

High praise

"It's amazing what has happened here"

IOC President Thomas Bach congratulates Russia for a job well done in Sochi

Doping cases

IOC chief taking positive outlook

Despite the disclosure of a fifth doping case on the final

day of the Sochi Winter Olympics, IOC President Thomas Bach cited the positive tests as the sign of success.

During the course of the Games, Bach said more than 2,631 samples were analyzed.

None of the athletes thrown out of the games for doping won medals, and four of the five tested positive for minor stimulants that can be found in food supplements.

THE ASSOCIATED PRESS

MEDALS

Nation	G	S	В	Total
Russia	13	11	9	33
United States	9	7	12	28
Norway	11	5	10	26
Canada	10	10	5	25
Netherlands	8	7	9	24
Germany	8	6	5	19
Austria	4	8	5	17
France	4	4	7	15
Sweden	2	7	6	15
Switzerland	6	3	2	11
China	3	4	2	9
South Korea	3	3	2	8
Czech Republic	2	4	2	8
Slovenia	2	2	4	8
Japan	1	4	3	8
Italy	0	2	6	8
Belarus	5	0	1	6
Poland	4	1	1	6
Finland	1	3	1	5
Britain	1	1	2	4
Latvia	0	2	2	4
Australia	0	2	1	3
Ukraine	1	0	1	2
Slovakia	1	0	0	1
Croatia	0	1	0	1

WHAT CANADA DID

SUNDAY

BOBSLEIGH

Men's fours — Canada 1 (Lyndon Rush (pilot), Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton) placed ninth overall with a combined time of three minutes 41.76 seconds after four runs; Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; and Bryan Barnett, Edmonton) finished 13th (3:42.84); Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; and Graeme Rinholm, Medicine Hat, Alta.), 30th (2:50.80) - did not qualify for fourth run.

CROSS-COUNTRY SKIING

Men's 50-kilometre freestyle (mass start) — Alex Harvey, St-Ferreol-les-Neiges, Que., 19th overall in one hour 47 minutes 40.9 seconds; Ivan Babikov, Canmore, Alta., 20th (1:47:41.8); Graeme Killick, Fort McMurray, Alta., 28 (1:48:22.4); Jesse Cockney, Canmore, Alta., 56 (1:59:16.6).

HOCKEY

Men — Carey Price stopped all 24 shots he faced and Jonathan Toews scored the eventual winner as Canada successfully defended their Olympic title with a 3-0 win over Sweden in the gold-medal game.

CLOSING CEREMONIES

Flag bearers — Bobsledders Kaillie Humphries, Calgary, and Heather Moyse, Summerside, P.E.I., who won the gold medal in the women's event for the second time in as many games, were given the honour.

FINAL RANKING

Canada finished with 10 gold, 10 silver and five bronze, which placed them fourth overall in total medals and third-most in the gold tally (Russia led with 33 and 13, respectively).

HOCKEY

MEN Sunday's result GOLD MEDAL Canada 3 Sweden 0 Saturday's result BRONZE MEDAL

CANADA 3, SWEDEN 0

First Period

1. Canada, Toews 1 (Carter, Weber) 12:55 **Penalties** — Jo. Ericsson Swe (holding) 16:55,
Kunitz Cda (high-sticking) 19:47.

Second Period 2. Canada, Crosby 1, 15:43

Penalties — Silfverberg Swe (delay of game) 5:46, Berglund Swe (boarding) 19:20. Third Period

3. Canada, Kunitz 1, 9:04 **Penalty** — Perry Cda (tripping) 10:12.

Shots on goal by
Canada 12 11 13-

Canada 12 11 15—36 Sweden 11 9 4—24 Goal — Canada: Price (W, 5-0-0); Sweden: Lundqvist (L, 5-1-0). Power plays (goalschances) — Canada: 0-3; Sweden: 0-2.

Referees — Brad Meier, United States; Kelly Sutherland, Canada, Linesmen — Derek Amell, Canada; Greg Devorski, Canada; Mikhail Buturlin, Russia; Roman Gofman, Russia. Attendance — 11,076 at Sochi, Russia.

BOBSLEIGH

At Krasnaya Polyana, Russia MEN'S FOURS

(final rankings after four runs)

1. Russia 1 (Alexander Zubkov, Alexey Negodaylo, Dmitry Trunenkov, Alexey Voevoda), three minutes 40.60 seconds; 2. Latvia 1 (Oskars Melbardis, Daumants Dreiskens, Arvis Vilkaste, Janis Strenga), 3:40.69; 3. United States 1 (Steven Holcomb, Curt Tomasevicz, Steve Langton, Chris Fogt), 3:40.99; 4. Russia 2 (Alexander Kasjanov, Ilvir Huzin, Maxim Belugin, Aleksei Pushkarev), 3:41.02; 5. Britain 1 (John James Jackson, Stuart Benson, Bruce Tasker, Joel Fearon), 3:41.10.

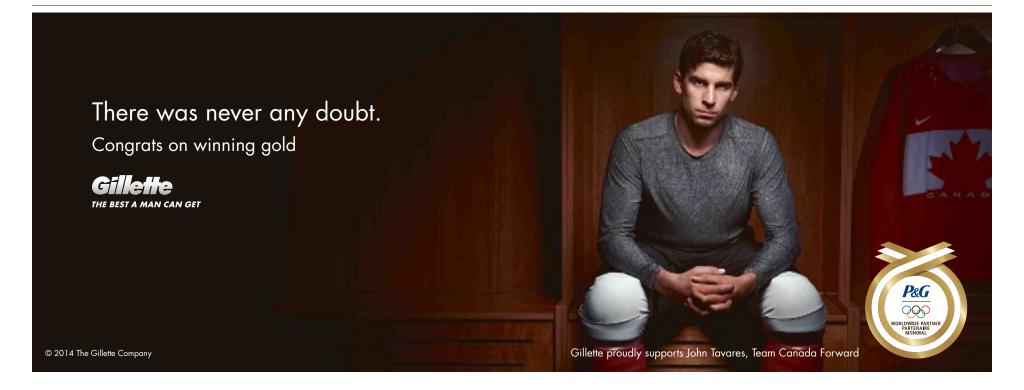
6. Germany 1 (Maximilian Arndt, Marko Huebenbecker, Alexander Roediger, Martin Putze), 3:41.42; 7. Germany 2 (Thomas Florschuetz, Joshua Bluhm, Kevin Kuske, Christian Poser), 3:41.51; 8. Switzerland 1 (Beat Hefti, Alex Baumann, Juerg Egger, Thomas Lamparter), 3:41.75; 9. Canada 1 (Lyndon Rush, Humboldt, Sask; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton), 3:41.76; 10. Germany 3 (Francesco Friedrich, Jannis Baecker, Gregor

Also — 13. Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; Bryan Barnett, Edmonton), 3:42.84; Did Not Qualify For Fourth Run — 30. Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; Graeme Rinholm, Medicine Hat, Alta.), 2:50.80.

CROSS-COUNTRY SKIING At Krasnaya Polyana, Russsia MEN'S 50-KILOMETRE FREESTYLE

(MASS START)

1. Alexander Legkov, Russia, one hour 46
minutes 55.2 seconds; 2. Maxim Vylegzhanin,
Russia, 1:46:55.9; 3. Ilia Chernousov, Russia,
1:46:56.0; 4. Martin Johnsrud Sundby, Norway,
1:46:56.2; 5. Sergei Dolidovich, Belarus, 1:47:09.5
6. Robin Duvillard, France, 1:47:10.1; 7. Anders
Soedergren, Sweden, 1:47:13.0; 8. Daniel
Richardsson, Sweden, 1:47:19.6; 9. Johan Olsson,
Sweden, 1:47:27.3; 10. livo Niskanen, Finland,
1:47:27.5. Canadians — 19. Alex Harvey, StFerreol-les-Neiges, Que, 1:47:40.9; 20. Ivan
Babikov, Canmore, Alta., 1:47:41.8; 28. Graeme
Killick, Fort McMurray, Alta., 1:48:22.4; 56.
Jesse Cockney, Canmore, Alta., 1:59:16.6.



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Canada's game

The Canadian men's hockey team put an emphatic exclamation mark on the country's domination by downing Sweden 3-0 to successfully defend its gold medal. Canada went 6-0 through the tournament and surrendered just three goals over that span. Goaltender Carey Price finished by registering consecutive shutouts over the U.S. and Sweden. The national women's team also went undefeated in its event but rallied from a 2-0 deficit for a thrilling 3-2 overtime victory over the U.S. to capture a fourth straight Olympic gold medal.



of Canada's top Sochi highlights

THE CANADIAN PRESS

Olympic spirit

Long track speedskater Denny Morrison of Fort St. John, B.C., gave Canadians plenty to cheer about after claiming a silver medal in the 1,000-metre event. But Morrison got to skate in the final only after teammate Gilmore Junio gave up his spot in the event in an act of selflessness. Then, during the men's cross-country ski free sprint, Canadian coach Justin Wadsworth noticed Russian competitor Anton Gafarov was trying to compete despite having a broken ski. So Wadsworth grabbed a spare he'd brought for Canadian team member Alex Harvey, raced on to the course and replaced Gafarov's ski.



Rock stars

Canada swept the Olympic curling gold medals for the first time. Winnipeg's Jennifer Jones dominated the women's event, capping an impressive

11-0 run by downing Sweden 6-3 in the final. Jones earned Canada its second women's curling gold but first since the late Sandra Schmirler emerged victorious at the first women's event in 1998 in Nagano, Japan. On the men's side, Brad Jacobs and his Sault Ste. Marie, Ont., teammates opened the tournament losing two of their first three games, then didn't lose again en route to winning the gold medal, needing eight ends to down Britain 9-3 in the final.

Air superiority

A lot was expected these Games of Canada's high-flying freestyle ski team, and the squad certainly delivered as it accounted for nine of Canada's 25 medals. Freestyle competitors claimed six of the first nine medals that put the Canadian team atop the overall standings following the fourth day of competition. On four separate occasions Canadian freestyle athletes secured two medals in the same event including in women's



Title defence

Much has been made of Canada's hockey teams and the men's curling squad successfully defending their Olympic titles. But so too did Alex Bilodeau of Rosemere, Que., in the men's moguls, as well as Kaillie Humphries of Calgary and Heather Moyse of Summerside, P.E.I., in the women's bobsled event. In fact, Humphries and Moyse were named Canada's flagbearers for the closing

ceremonies.



Medal standings. Canada falls just short of record mark set in Vancouver

Canada fell a medal short of "maintaining the gain" at the Sochi Olympics.

The host team's 26 medals four years ago in Vancouver set a new Winter Games standard.

Canada's 220 athletes departed Russia with 10 gold, 10 silver and five bronze for 25 total, compared to 14 gold, seven silver and five bronze in 2010. Their performance was capped by the men's hockey team defending the gold Sun-

day with a 3-0 win over Sweden.

Canada finished fourth in the overall medal standings and third in gold medals. The stated objective by Canadian sport leaders was to win more medals than any other country.

But it was host Russia that stormed the top of the table on the final weekend to finish with 33, ahead of the United States at 28 and Norway with 26. The Netherlands was fifth.

THE CANADIAN PRESS

MLB. Yankees brass show confidence in outfielder Gardner with 4-year deal

Outfielder Brett Gardner and the New York Yankees agreed Sunday to a four-year contract worth \$52 million.

The new pact starts in 2015 and includes a fifth-year club option for \$12.5 million and a \$2-million buyout. If traded, Gardner would receive \$1 million.

"It shows the level of confidence, belief and trust, and the type of player and person he is," Yankees general manager Brian Cashman said. "We're excited to know that he's going to be a part of this team going forward. We're a better team with Gardy on it, that's the bottom line. This is a good day for him, and we believe it makes the future for us better."

Gardner has a \$5.6 million, one-year contract for this season. He would have been eligible for free agency after the 2014 season.

THE ASSOCIATED PRESS

NBA. Nets GM: Signing openly gay Collins was 'a basketball decision'

Jason Collins has signed a 10day contract with the Brooklyn Nets and is set to become the first active openly gay player in the NBA.

Collins will join the Nets for their game Sunday night in Los Angeles against the Lakers. The 35-year-old centre revealed at the end of last season he is gay, but he was a free agent and had remained unsigned.

Nets general manager Billy King says that "the decision to



sign Jason was a basketball decision."

Collins has played 12 NBA seasons, including his first seven with the Nets,

when they were in New Jersey and Jason Kidd was their point guard. THE ASSOCIATED PRESS

Horoscopes

M Aries March 21 - April 20

Although you should be feeling good about yourself as the new week begins, you are advised not to go over the top in any way or the consequences could be painful.

Taurus

April 21 - May 21

Fantasy and reality sometimes gets blurred and there is a danger you could cross that line and do something foolish today. If you do make a mistake, make sure you learn the lesson it has for you.

II Gemini May 22 - June 21

If you want to move up in the world it won't be long before an opportunity to do so comes along. While you're waiting, try getting your health and fitness routine in better shape.

Cancer June 22 - July 23

What happens over the next few days will introduce you to news ways of making sense of the world. What you discover will make you realize that a lot of what you were taught to

believe was nonsense.

Ω Leo

July 24 - Aug. 23

Make sure that you are getting paid the right amount for your talents. If you allow yourself to be cheated out of small amounts now, you will be cheated out of larger amounts

M Virgo Aug. 24 - Sept. 23

This week Mercury, your ruler, is still going through one of its difficult phases. Between now and Friday, when Mercury moves in your favour again, don't take it for granted that what you're being told is true.

Sept. 24 - Oct. 23

Travel and social plans may have to be changed today as the planets bring to light information that casts doubt on other people's motives.

M Scorpio

Oct. 24 - Nov. 22

The Sun in Pisces makes this one of the best times of the year for you and when the Sun links with Jupiter next weekend you will get your reward for the efforts you have made. Between now and then though, be patient.

7 Sagittarius Nov. 23 - Dec. 21

Be more open with loved ones as the new week begins. If you make the effort, you will quite easily find the words that have been lacking these past few weeks - words that heal rifts.

6 Capricorn

Dec. 22 - Jan. 20

Even if you are the kind of Capricorn who too often lets your inhibitions get in the way of having fun, you will enjoy yourself immensely over the next few days.

≫ Aquarius Jan. 21 - Feb. 19

You need to protect what you have gained. Common sense tells you that your winning streak can't last forever and if you carry on taking risks, you could lose it all. Maybe it's time to cash in some of those chips.

) (Pisces Feb. 20 - March 20

This is very much a time to take risks. What happens around the time of the new moon on the 1st will delight you but it will be so much better if you start making creative and romantic things

happen now. SALLY BROMPTON

Crossword: Canada Across and Down

20

40

50

55

66

Brown

Across

1. Sharon, Lois & 5. Blackthorn fruits 10. "Song for the __": Maritime folk tune 14. Ms. Falana 15. "Cityline" guest expert, Bryce

(Homeopath) 16. Stylish

17. Rent-_-18. Oscar-winning film, "Terms of (1983)

20. Canadian-born alum of SNL, Phil __ 22. Hoops org.

23. Back then 24. Despises 26. National Capital

Region community 28. Saskatchewan export

31. "It's been pleasure." 33. Swedish car

34. Broadway musical. Man Mancha

36. Intimidate 40. Waiter in Hollywood, often: 2 wds.

43. Not here 44. "__! _ mouse!" 45. Pants part 46. More pleasant 48. Some countertop

edgings 50. Ms. Milano 53. Ms. Graff of '80s sitcom "Mr. Belvedere"

55. Writer, Rita

63

56. Tiny tallnesses 58. Dublin's country 62. Quebec: Grosse Ile and the Irish Memorial National Historic Site (Where there was a __ station from 1832 to 1937)

65. Condo purchaser's

wish

67

66. Bear constellation 67. Major artery 68. 'E' in QED 69. "Too stuffed, thanks." = " 70. Pari __ (Impartially) 71. Phone nos.

Down

1. Ho-hum 3. Wing-like

> edy": 2 wds. 5. "Welcome Back,

68

- -Fella Records

4. Winnipeg-raised actress on new Global medical drama "Rem-

Kotter" student

6. FLO's Jeff

7. Former

8. Paradise 9. U.S. Navy builder 10. Fancy-style 1900 11. "_ __ a Symphony" by The

Supremes 12. Naomi Watts starred in the 2002

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN American version of

this Japanese horror 13. Ontario community

19. Hotels chain

21. Humanities degs.

25. F. Murray Abraham's Oscar-winning

"Amadeus" (1984) role. Antonio

27. Alannah Myles chart-topper about

Elvis: 2 wds. 28. "Over here..."

29. Pledge

30. Weight allowance 32. Placing

35. Take off

37. __ Reader (Alternative press

magazine) 38. Oasis songwriter 39. " bien!"

41. Memoirs of a (Arthur Golden novel) 42. Vicki __, Vancou-

ver-born broadcaster 47. Snooze

49. Mariner's dir.

50. Quebec: Town in the Lower Saint-

Lawrence 51. Ms. Linney

52. Leavening agent 54. Buildups in dryers

57. Greek portico

59. 'Million' suffix 60. Oscar-winner

Patricia 61. ABC's ballroom show

63. Ms. Dawn Chong 64. US tax bureau

Friday's Crossword

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76	E	1	ъ.		ę	E	5	R	9		E,S		0	5
a _V	M	C	A	36		20,1	0	E	0		3/4	0	R	8
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"E	D	G	c	5		ŝ	0	A		FR.	E	П	Υ	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	1	3	7	9	4	2	5	6
6	5	4	2	3	1	7	9	8
9	7	2	6	0	5	1	3	4
7	3	8	5	4	8	6	1	2
2	8	1	3	6	9	4	7	6
5	4	6	1	7	2	9	8	3
4	2	ō	9	1	3	5	6	7
1	6	5	8	2	7	3	4	8
3	9	7	4	6	6	8	2	1

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	5				3		6	8
	3	1		9		7		

Today



-9°/-17° Variable

Tuesday



-8°/-15° Variable

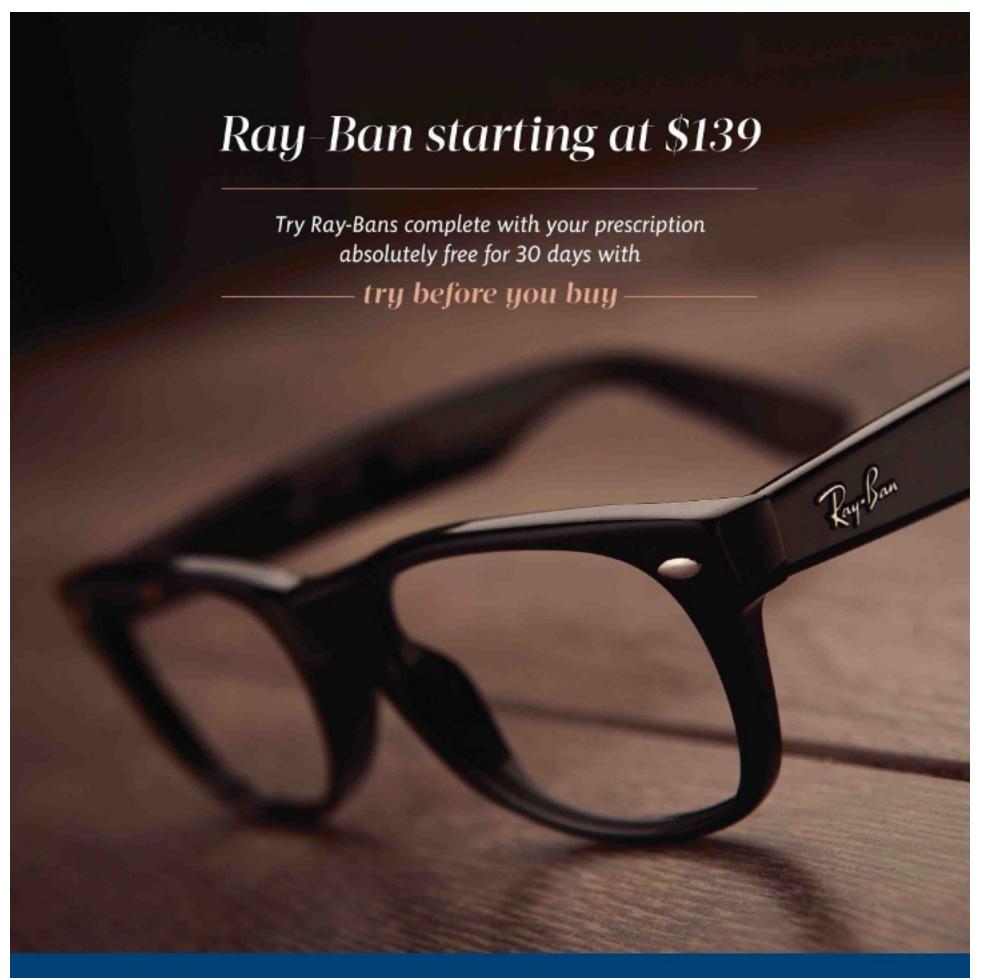
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